

Prova 12 Absolutos
12.03.2022 - 15:48 Resultados

Rec	Tempo	Nadador	Clube	Local	Ano
Rec Nacional Absoluto	4:40.11	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Absoluto	4:40.11	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Sen	4:40.11	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Jun 2	4:55.04	Francisca Salvador Mesquita	ADRCIMM	Coimbra	2019
Rec Regional Jun 1	4:58.87	Susana Patricia Miguel	SFUAP	Palma de Mallorca (ESP)	2006
Rec Regional Juv A	5:01.32	Francisca Salvador Mesquita	ADRCIMM	Coimbra	2017
Rec Regional Juv B	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	2004

TAC - Fem Juv B: 6:10.60; Juv A: 6:00.31; Jun 2: 5:46.83; Jun 1: 5:50.23; Sen: 5:45.13

Pontos: FINA 2021

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Juvenis B						
1.	Constanca Santos Ferreira <i>Campeã Regional Juvenil B</i>	08	Sport Alges e Dafundo	5:27.98	5:26.82	541
	50m: 32.47 32.47	150m: 1:53.89 43.23	250m: 3:22.42 46.53	350m: 4:49.65 38.08		
	100m: 1:10.66 38.19	200m: 2:35.89 42.00	300m: 4:11.57 49.15	400m: 5:26.82 37.17		
2.	Constanca Isabel Carvalho	08	Sport Alges e Dafundo	5:45.54	5:52.57	431
	50m: 36.39 36.39	150m: 2:08.35 48.33	250m: 3:45.31 51.49	350m: 5:14.46 38.31		
	100m: 1:20.02 43.63	200m: 2:53.82 45.47	300m: 4:36.15 50.84	400m: 5:52.57 38.11		
3.	Ana Beatriz Pires	08	Soc.Filarmónica União A. Piedense	5:54.98	6:03.70	392
	50m: 35.22 35.22	150m: 2:05.05 46.23	250m: 3:43.23 52.23	350m: 5:21.78 41.81		
	100m: 1:18.82 43.60	200m: 2:51.00 45.95	300m: 4:39.97 56.74	400m: 6:03.70 41.92		

Juvenis A

1.	Leonor Carreiro Rodrigues <i>Campeã Regional Juvenil A</i>	07	Sport Lisboa e Benfica	5:42.61	5:23.95	555
	50m: 34.66 34.66	150m: 1:59.91 44.21	250m: 3:27.29 45.25	350m: 4:49.11 35.55		
	100m: 1:15.70 41.04	200m: 2:42.04 42.13	300m: 4:13.56 46.27	400m: 5:23.95 34.84		
2.	Teresa Joao Pires	07	Sport Alges e Dafundo	5:24.95	5:36.52	495
	50m: 33.06 33.06	150m: 1:57.99 44.63	250m: 3:29.77 49.34	350m: 4:59.56 38.72		
	100m: 1:13.36 40.30	200m: 2:40.43 42.44	300m: 4:20.84 51.07	400m: 5:36.52 36.96		
3.	Catarina Alexandra Alves	07	Geslours - Gestão Equipamentos E.M.	5:45.98	5:41.91	472
	50m: 34.37 34.37	150m: 2:01.15 44.13	250m: 3:32.33 49.19	350m: 5:02.33 39.49		
	100m: 1:17.02 42.65	200m: 2:43.14 41.99	300m: 4:22.84 50.51	400m: 5:41.91 39.58		

Juniores

1.	Marta Joao Pires <i>Campeã Regional Junior</i>	05	Sport Alges e Dafundo	5:46.83	5:13.96	610
	50m: 32.06 32.06	150m: 1:49.10 41.04	250m: 3:16.10 46.67	350m: 4:38.51 36.04		
	100m: 1:08.06 36.00	200m: 2:29.43 40.33	300m: 4:02.47 46.37	400m: 5:13.96 35.45		
DSQ	Maria Leonor Coelho	06	Sport Lisboa e Benfica	5:25.20		
	<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>					
DSQ	Matilde Nunes Lopes	06	Sport Lisboa e Benfica	5:26.53		
	<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>					

Seniores

1.	Raquel Gomes Pereira <i>Campeã Regional Sênior</i>	00	Sport Lisboa e Benfica	4:48.46	4:55.88	729
	50m: 30.64 30.64	150m: 1:45.41 38.85	250m: 3:02.44 38.93	350m: 4:19.66 37.34		
	100m: 1:06.56 35.92	200m: 2:23.51 38.10	300m: 3:42.32 39.88	400m: 4:55.88 36.22		
2.	Rita Barros Frischknecht	98	Sporting Clube de Portugal	5:22.10	5:06.32	657
	50m: 31.82 31.82	150m: 1:46.32 37.53	250m: 3:09.37 45.87	350m: 4:31.09 35.49		
	100m: 1:08.79 36.97	200m: 2:23.50 37.18	300m: 3:55.60 46.23	400m: 5:06.32 35.23		

Prova 12, Femin., 400m Estilos, Seniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
3.	Catarina Martins Mestre	00	Clube Natação de Lisboa	5:15.68	5:21.92	566
	50m: 31.41 31.41	150m: 1:49.59 40.32	250m: 3:15.40 46.42	350m: 4:44.41 39.77		
	100m: 1:09.27 37.86	200m: 2:28.98 39.39	300m: 4:04.64 49.24	400m: 5:21.92 37.51		
4.	Alice Jesus Morgado	04	Sporting Clube de Portugal	5:13.33	5:23.05	560
	50m: 33.79 33.79	150m: 1:54.58 42.28	250m: 3:21.29 45.79	350m: 4:46.24 37.18		
	100m: 1:12.30 38.51	200m: 2:35.50 40.92	300m: 4:09.06 47.77	400m: 5:23.05 36.81		
5.	Natacha Sofia Silva	02	Sport Lisboa e Benfica	5:31.30	5:34.72	503
	50m: 34.31 34.31	150m: 1:59.52 45.71	250m: 3:29.07 45.01	350m: 4:56.64 40.94		
	100m: 1:13.81 39.50	200m: 2:44.06 44.54	300m: 4:15.70 46.63	400m: 5:34.72 38.08		
DNS	Lidiana Correia Rodrigues	04	Clube Futebol Os Belenenses	5:21.51		

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	50m: 31.82 31.82	150m: 1:46.32 37.53	250m: 3:09.37 45.87	350m: 4:31.09 35.49		
	100m: 1:08.79 36.97	200m: 2:23.50 37.18	300m: 3:55.60 46.23	400m: 5:06.32 35.23		
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	100m: 1:13.36 40.30	200m: 2:40.43 42.44	300m: 4:20.84 51.07	400m: 5:36.52 36.96		
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	100m: 1:17.02 42.65	200m: 2:43.14 41.99	300m: 4:22.84 50.51	400m: 5:41.91 39.58		
11.	Constanca Isabel Carvalho	08	Sport Alges e Dafundo	5:45.54	5:52.57	431
	50m: 36.39 36.39	150m: 2:08.35 48.33	250m: 3:45.31 51.49	350m: 5:14.46 38.31		
	100m: 1:20.02 43.63	200m: 2:53.82 45.47	300m: 4:36.15 50.84	400m: 5:52.57 38.11		
12.	Ana Beatriz Pires	08	Soc.Filarmónica União A. Piedense	5:54.98	6:03.70	392
	50m: 35.22 35.22	150m: 2:05.05 46.23	250m: 3:43.23 52.23	350m: 5:21.78 41.81		
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